

City of Lubbock Health Department



Health Education Staff



Our Mission:
Health People,
Healthy Families,
Health Community

























Trans Fat Survey
conducted by
Environmental Health
Section

What we are doing
"in-house" for employees...


The Healthy Lubbock Initiative

- 12 – week program put on by the Texas Tech Garrison Institute on Aging
- GET FIT!

March of 2008 we
brought
*Weight Watchers At
Work* to the
City of Lubbock





American Heart
Association 
Learn and Live®

April 8, 2008

. N/A
Chief Executive Officer
City of Lubbock Health Department
1902 Texas Avenue
Lubbock, TX 79411

Dear . N/A ,

On behalf of the American Heart Association and Start! I would like to congratulate your organization on becoming a **Gold Start! Fit-Friendly Company!** You are among an elite group of awardees for this important initiative.

As a **Gold Level Award** recipient you have not only recognized the importance of a healthy workplace for your employees but have taken important steps to create a culture of physical activity in the workplace. Promoting a wellness culture by providing support to employees and implementing physical, nutritional, and cultural changes are extraordinary efforts, and we commend you and your employees.

As a Start! Fit-Friendly Company, you will receive recognition on the American Heart Association's Start! web site and local recognition by the American Heart Association at local events and in communications materials supporting the recognition program. Additionally, you have the right to use the American Heart Association's *Start! Fit-Friendly Companies* Gold seal on all internal communications and external communications for recruitment purposes. Please visit www.americanheart.org/fitfriendly to download the seal, guidelines for usage, and other tools. Your award and seal usage rights are valid until April 1, 2009.

We at the American Heart Association commend your efforts and look forward to seeing you continue to make great strides in the upcoming year.

Sincerely,




M. Cass Wheeler
Chief Executive Officer
American Heart Association

RECEIVED

APR 14 2008

LUBBOCK HEALTH DEPT.



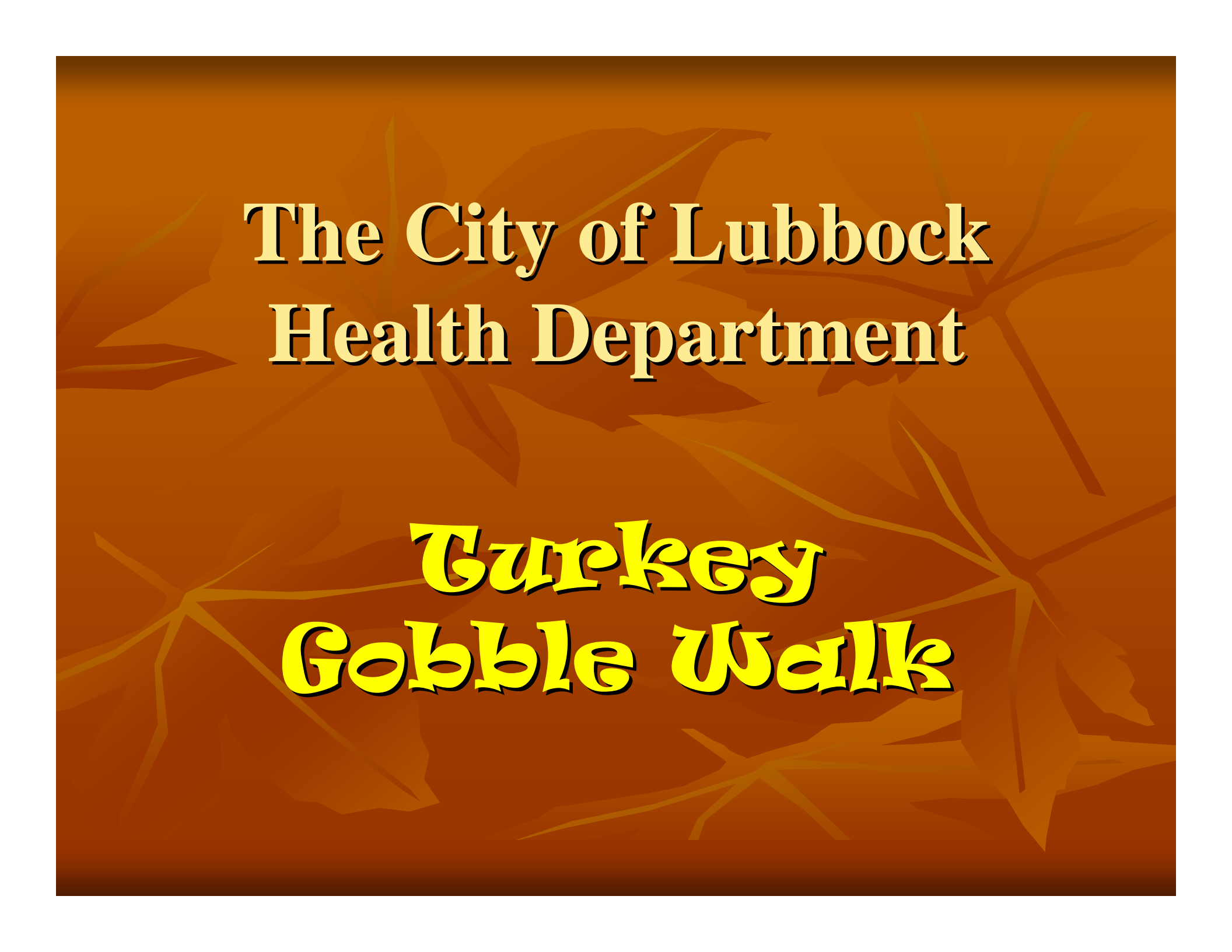
**Choose a walking
path that is
right for you!**

**Red Path ~ 300 Steps
(includes the stairs)**

Blue Path ~ 205 Steps

500 steps ~ $\frac{1}{4}$ mile

1,000 steps ~ $\frac{1}{2}$ mile

The background of the slide is a solid brown color with a pattern of faint, stylized autumn leaves in various shades of brown and tan. The leaves are scattered across the entire background, creating a seasonal theme.

The City of Lubbock Health Department

Turkey Gobble Walk









Annual Employee Health Fair

QUESTIONS???